

Coaching Girls Lacrosse: Intermediate Concepts & Drills Grades 5 - 8

Drill Focus: Midfield

**Achieve Lacrosse Coaches Education
Thursday, February 17, 2022**

AGENDA

- Advanced stickwork and drills
 - Around-the-worlds, twizzlers, and behind-the-backs
 - Stick tricks
- Draws
 - Technique
 - Circle personnel

AGENDA

- Midfield concepts and drills
 - Clears and breakouts
 - Redefending
- Unsettled situations
 - Fast break vs. slow break
 - Man-up and man-down

STICK TRICKS

- While most ‘stick tricks’ will not be done during a game, the purpose of these movements is to help players learn how to handle the stick and control the ball within the stick
 - Many stick tricks consist of one-handed movements that help develop wrist – strength and improve hand-eye coordination
- Stick tricks help players learn to get their arms off of their bodies and move the stick more freely between hands
- When working on stick tricks, focus on increasing the number of reps and improving the speed of execution

STICK TRICKS

- One-hand horizontal throws and catches (routines)
 - Back-of-the-stick
 - Around-the-back
 - Through-the-legs
- One-handed scoops or one-handed high grabs
- Bouncing the ball off the butt end
- Figure 8 cradles
- Rainbow twirl

ADVANCED STICKWORK

- Once players have mastered the fundamentals of throwing, catching and cradling, players can become more creative with their stick protection and how and when they release the ball
- Advanced stickwork requires:
 - Soft hands
 - Significant wrist and arm strength
 - Considerable control over the stick (fluidity moving the stick, changing levels)
 - An ability to keep the ball in the stick with a developed pocket
- Examples
 - Around-the-world
 - Twizzler
 - Behind-the-back

ADVANCED STICKWORK



ADVANCED STICKWORK



ADVANCED STICKWORK



ADVANCED STICKWORK

- Outside hand throwing and catching
 - Most players defer to their strong hand (especially when under pressure)
 - Many players are reluctant to ask for the ball in the outside hand
- Players should be able to ask for the ball away from the defender in a settled situation, in transition, or on a cut
 - Space can be created by simply moving the stick to the outside hand or away from the defender
 - Players become more dangerous when they are confident putting the stick in the outside hand

STICKWORK DRILLS

STICKWORK DRILLS

- Partner passing cycles
- Box passing
- Flip box passing
- Work the middle passing-on-the-move
- Figure 8s
- X passing-on-the-move

FLIP BOX PASSING



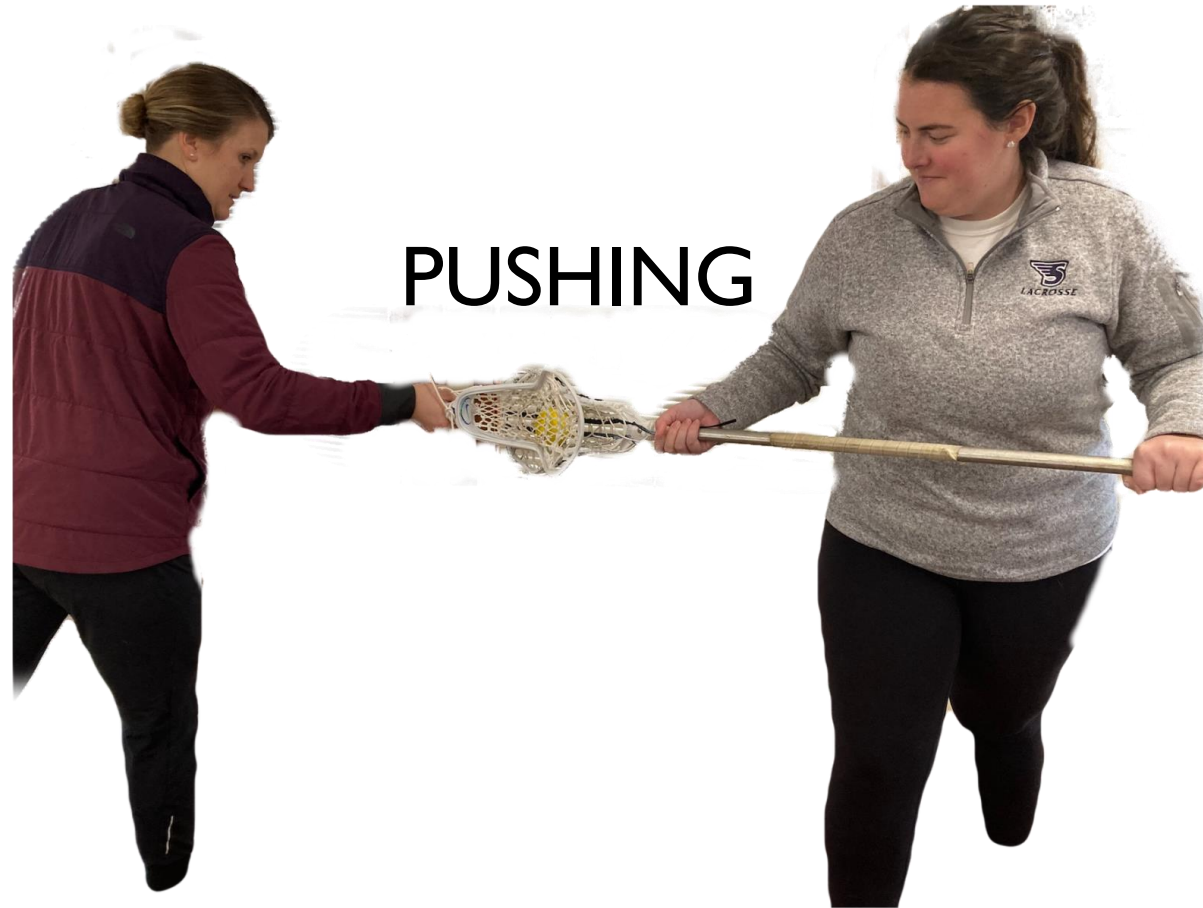
DRAW TECHNIQUE

- The ball must be placed in the top third of the stick

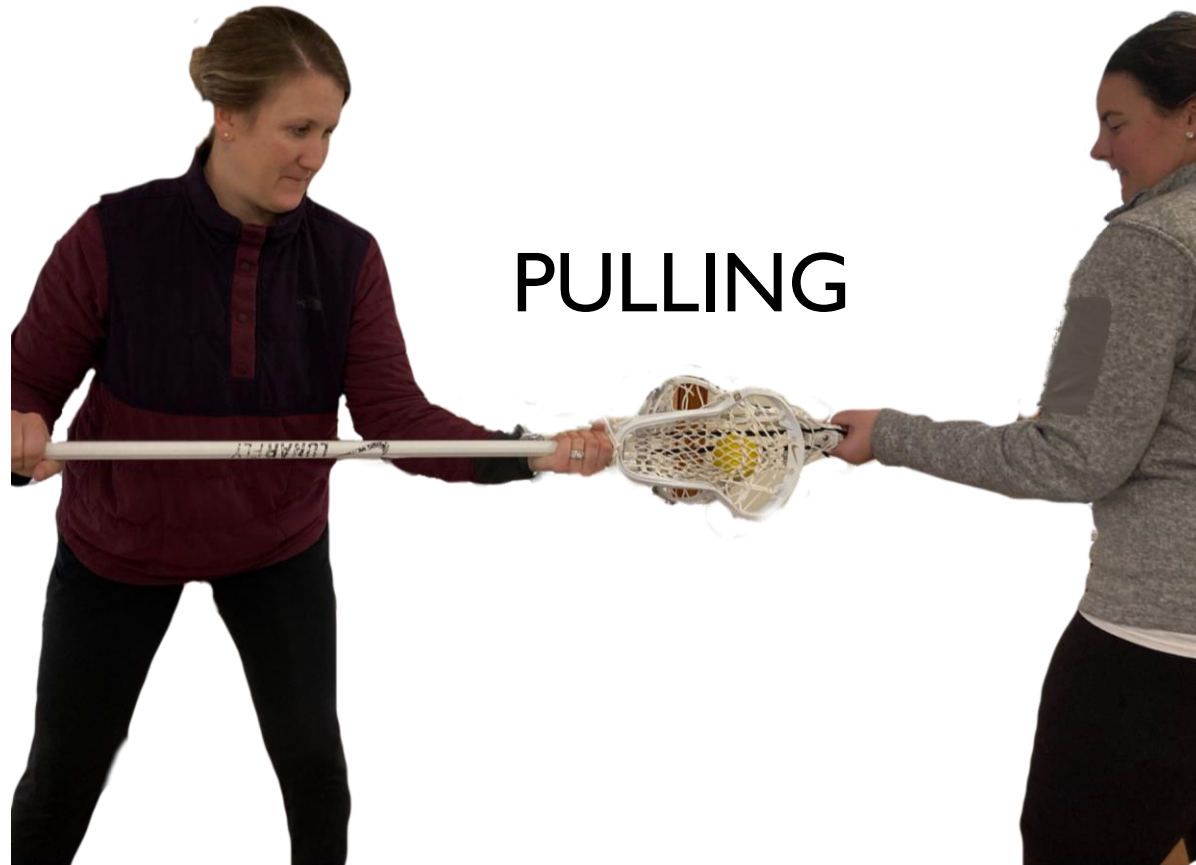


- Push vs. pull
 - Push: right hand at the top of the stick; center's back is to her goal, the back of her stick facing her
 - Pull: left hand is at the top of the stick; center is facing her goal, the open face of the stick facing her

DRAW TECHNIQUE



DRAW TECHNIQUE



DRAW TECHNIQUE

PULLING

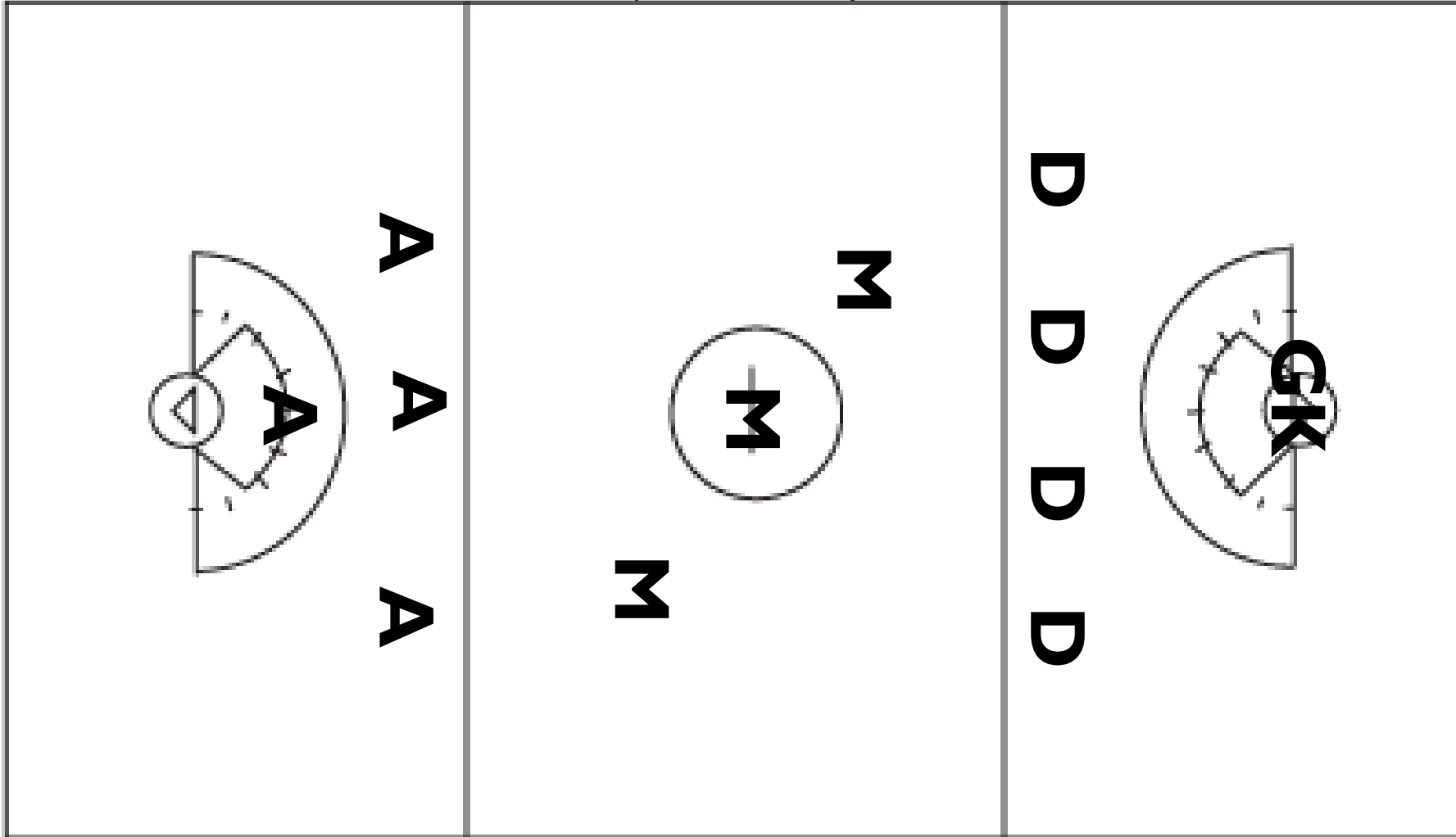


PUSHING

DRAW TECHNIQUE

- Stance
 - Balanced and strong
 - Two feet toeing the line, one foot in front of the other, on an angle
- Hand positioning
 - Top hand should clutch the throat, palm up
 - Bottom hand should be as close to the bottom of the stick as possible, palm down
- Follow-through
 - The follow-through dictates where the ball is going to go
 - Pull back over the shoulder, straight up, down-the-line

DRAW SET UP



DRAW CIRCLE PERSONNEL

- Positioning
 - Adjust your location to where the ball is going or where the center can “place” the draw
- Be proactive, not reactive
 - Quick first step and box out (to get a step on your opponent or to allow your teammate to get the ball)
- Keep your feet moving
 - If you gain possession, keep feet moving, head up, and stick protected
- Support the ballcarrier from all angles
 - Everyone on the field should be ready for the draw (even those behind the restraining lines)

DRAW DRILLS

DRAW DRILLS

- For the drawer
 - Quick whistles
 - 'Jump balls'
 - Draw Queen of the Hill
- For players on the circle
 - Reaction drill (with ball catches and ball snatches)
 - First step competitions